



botox® after care

- You should begin to see results in the next 2 – 3 days; however, maximum effectiveness of your treatment may not be for 2 weeks. Typically, the results last approximately 3 months but specific results will vary from person to person.
- Avoid any massage or direct pressure to treatment area(s) for 24 hours, as this could alter the placement of the Botox. Avoid ice packs, hats, visors or anything that would put pressure on the area(s).
- If you would like to apply makeup to your treated areas, wait at least two hours which should decrease your risk of developing an infection at the injection sites. However, if at all possible, keep injection sites clean for 24 hours.
- Refrain from heavy exercise/sweating for 24 – 48 hours. A brisk walk or other light exercise is fine!
- Consuming Alcohol, Motrin, Ibuprofen, Advil, Aleve, Naproxen, Aspirin, Vitamin E, Fish Oil often thins the blood and may increase risk of bleeding during your injections and may increase your risk of bruising after injections. Ideally, avoid consumption of these 2 weeks before injections and 1 day after injections to decrease risk of bleeding and bruising. Tylenol (acetaminophen) is fine for any mild pain.
- If you develop any redness or irritation at the injection sites, you may apply over the counter hydrocortisone cream. If you develop any itching at the sites, you may use Benadryl cream. If these symptoms don't resolve with these medications, contact us for further guidance.
- Short term side effects of Botox may include discomfort and/or bruising/redness at injection site(s), Headache, swelling/irritation of eyelids, and dry eyes. All of these should resolve within 4 -5 days.
- Should you develop difficulty breathing, allergic reaction, chest pain, or any other life-threatening symptom, call 911 immediately!